

57 SUCCESS POWER

To Getting Anything You Want Out Of Life
Health, Wealth, Love, & Happiness...



LORETTA TIFARA



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to Getting Anything You Want Out of Life Health, Wealth, Love, & Happiness

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ACKNOWLEDGEMENTS

To my Lord Jesus Christ for His grace, favor and wisdom.

To my parents and brother, Harijanto, Miranda, and Loviess, I'm really grateful for your unconditional love and continuous support.

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Introduction

As these words passed through my mind, flow through my body and out of my hands as I wrote them, I see the world through much different lens than the one I was given when I came into this world.

The woman I am today is not the girl I was only a few years ago. Many may experience chaotic ups and downs in their lives. I, for one, can attest to the strength and power such transformations can have on your soul and your perception of the world around you. No matter how old you are, it is often a joy just as much as it is an exercise in catharsis to look at the trials and tribulations as well as the pursuits someone else is taken on, and see basic pieces of your own self.

Through my own perseverance and [my will to never give up](#), I was able to overcome immovable obstacles and become the person I never think I can be.

It is for these reasons, and the nature such a fantastic experience is reading the timeline of another's life can present, that I share my story with you across these pages. While my view of the world has transcended to an empowered level of understanding now, it is important to go back to where this entire journey began – when I was a little girl.

My Life Back Then

Sometimes, when I read about people or hear people on TV talk about age, I feel like they're all wrong. They want to say that your work, no matter what field you're in, is best when you're young—as if there's some magic age where you're incredible, and then it bursts and you're left trying to be a shell of what you used to be. I know why they're wrong. They're uninspired.

There are no two ways of putting it: I was a very pampered girl. My parents lavished me with love. I was raised in Indonesia and blessed enough to live in a bubble; a microcosm of a dream-world that I know now could only exist in certain situations and parts of the world. Though, at the time, I had no idea. I shared this bubble with my older brother as well. We were two kids without a care in the

world who were intimately cared for. Our parents even had a helper hired to assist with anything we would need in family.

In my early youth – and my brother's as well – we would see both sides of life, but I don't think we processed it. I know I didn't. I would, however, in due time.

Perhaps it was my parents and their overwhelming sense of nourishment that raised me in my youth to the shy and lack confidence or appropriate social skills. In not having to scrape my proverbial social knee, I had matured with no social wit to match. While this did lend anxiety to my life, in order to make my parents proud, I pursuit good grades and excellence in school. For a young child, I was blessed enough to live in an education-affluent environment, there is nothing more powerful than the feeling your heart gets when your grades make your parents proud.

My parents were so inspired by my performance in school, that my mother promised to send me overseas when I reached University. At that time, my life had been flooded with ideas and images of a world filled with adventure and opportunity. From inside of my little bubble, I was fascinated by these things, and wanted nothing more than to traverse the landscapes and cultures that my parents and I read about and saw on television every single day. Even the simple excitement that graced my thoughts as I pondered what it would be like to see and interact with people all over the globe was enough for me to declare that I would live through it a thousand times and never change a thing.

The Beginning of Setback

I would learn, however, that I was not the one to decide whether or not things change. In what seemed like an instance, my family was thrown into poverty. The ethereal, cloud-like cushion that had been the comfort of my youth was quashed by the turmoil and tragedy that befell the world around me and my family.

First, my father's business went bankrupt. Overnight, my mother became the sole breadwinner. Not only that, the problem of my mother, she was not as adept at handling money as my father, and made many unwise decisions in an

attempt to impart kindness upon others. She lent out money far too often to those who simply put their hands out – and all four of us paid the price. To respect those who did, some returned what they owed in good faith, but many who were just sly enough to take advantage of my mother's gratitude never returned in kind.

One conniving, remorseless soul who sought to poach upon an easy situation was my granduncle. To this day, we are not quite sure what happened, but he convinced my mother to loan him an enormous sum of money. The amount was so mammoth that she mortgaged our house in order to have enough money to fork over to them. It pains me to say it, even today, but amidst all that human kindness, my granduncle ran away and never spoke of it again.

This was the cornerstone; the watershed moment that broke the levy of my parents' love. What had been a swelling, bubbling and unsettling growth of anger and resentment exploded into quarrel after quarrel that you thought would do them in. At a young age, falling from where we had been to where we were was a definite change, but what really ate my heart was the sounds of my mother and father arguing back and forth, night after night.

Sitting in my bed, with my knees up against my chest, the anxiety I spoke of grew tenfold. It wouldn't be for quite some time until all of that could wash away.

The Second Setback as a Setup for a Comeback

Then, as the storm clouds of my youth parted, a shimmering light tasks down upon me, and my dream came true. My academic persistence prevailed, and I received a scholarship to study for my Master's degree overseas in Japan. I was about to embark on an adventure that embodied all of my wishes from the time I could first understand the words and images that graced the pages of stories my parents and I would read together.

This university hosted students from more than 74 countries and I was very excited to meet different people with different culture. It was time for me to transcend and become an entirely different person. I was not keen on losing who I

was, but I was more than willing to embrace an entirely new life. That was the essence and majesty of this extraordinary adventure.

My fantasy and dream of a life in Japan crashed the moment I arrived. I never thought so far back then, that [I would feel lost, scared, fearful](#), lonely and aimless. I had no friends and struggled to do everything by myself. Learning how to live alone was terrifying at first, and there were nights where I wanted nothing more than to move back home. Something inside me, however, yearned to be independent.

Shores of cleaning toilets, doing laundry and dishes, and shopping for groceries were foreign to me. I had no clue about doing anything like that in the beginning, and perhaps my excitement while adding a handle on basic cleaning probably turned some people off to me. I was a foreigner in a country far away from home experiencing a details of life that was foreign to me.

My classes and coursework pushed me to the limit. I was up against classmates who were already top students from various countries. The language barrier was a hurdle, and I encountered even more strife as I quarreled with my housemate. Something about having to fight for every moment of happiness pushed me to reach out, grab hold of what made me happy, and never let go.

From Test to Testimony

Eventually, I began to win in the game of life, and my urges to go home and give up began to wane and fade away. I even played by hand in love – and lost; and lost again; and again. Living through several relationships taught me to wait for the person that love me and no need to be worried on this.

This new self-supported lifestyle revolutionized and awakened my spirit – as well as my metabolism. The stress and feverish competitive nature of Japan and my Master's program got to me – and I started to lose weight. Everything was coming together.

Even though, looking back, it has become clear that each and every day I put in the raw effort and enthusiasm it took to be selected as a top graduate in my Master's Degree program, I am still astonished that I was able to accomplish everything I did academically. I did not expect I would be selected as a top graduate.

On top of that, I could travel to many cities in Japan. From North to South, I have visited over 20 cities in Japan. I could not believe I was able to do this. To both of these thoughts, my mind had always been plagued by our financial setbacks as a family. For whatever reason, I thought that because we had fallen from our level of affluence, I would not be able to achieve as a student, or have the ability to travel.

Today, I am in charge of nourishing my mind and spirit. I read books and attend seminars on personal development. Listening to so many people speak on how to live in a self-fulfilling way resonates greatly within my heart, as my time in Japan taught me, word for word, the lessons spoken through each seminar. Success is not your past. Success is your future and what you make of it. I now know, with conviction that everything happens for a reason. God can make your test to a testimony.

What happens to you today will only happen in the moment. It's what you do with the next moment that matters. When you focus on positivity in your mind, your thoughts will evoke genuine feelings; those feelings will lead to positive actions - which will lead to the prosperity in perpetuity of your spirit.

I have learned that keeping a positive mind, vision and speaking what you want to see will deliver all of the luxuries in life that you need.

That is the nature and the key to finding your own success. In looking within my adventures, and my story, I have found what it means to live victoriously. There are 57 powers that have delivered me into the sensational and fulfilling life that I have now. The adversities of my past have washed away and become no more.

I invite you to learn how to create that success for yourself, and even more.

POWER# 1

VISUALIZATION



What do you see inside you? [What do you think about yourself](#)? How do you really feel about yourself? How confident are you in yourself? Do you see yourself limited or not limited? Do you see yourself to be a success, to enjoy wealth, to enjoy health and to enjoy a victorious living?

If you see yourself poor and suddenly you come into big money, the chances are your wealth will be short-lived and you will lose it, because you are not ready for it on the inside. All your turning point begin from your vision.

Have you figured out how you see yourself can attract results into your life. If you are always thinking about what you want, you will attract more of it. If you are always thinking about what you do not want, you will attract more of what you do not want. This is the Law of Attraction. According to the law of attraction, the results in your life are attracted into your life by means of the predominating thoughts which are in your mind.

Let's look at how you can actually manifest prosperity into your life using the Law of Attraction based on true story.....

Many years ago before Thanksgiving 1995, the famous American comedian actor, Jim Carrey, was still broke and basically nobody. He wrote himself a check for \$10 million and wrote "For acting services rendered". He dated the check Thanksgiving 1995 and gave himself a few years to achieve and attract it. When Thanksgiving of 1995 came around, he had made that \$10 million from Dumb & Dumber. The check was very precious to him, until when his father passed on, he put the check in the casket because it was their dream together.

Do you see how he kept the vision before his eyes? When he was still no body, every time when he was down, he would open his wallet and take a look at that check to encourage him. It sounds ridiculous, but visualization works. He knows exactly the more he put before his eyes the more he will get it.

Visualization is a powerful tool to condition your mind towards your new standards. Whatever your mind can conceive and believe, you can achieve. Use the power of visualization to train your mind to be installed with the new desired standards you have set for yourself.

POWER# 2

PUT YOUR VISION BEFORE YOUR EYES



Think about the most things you want to see now and put it before your eyes all the time. This is what I did last time. As mentioned that I had [dream](#) to study overseas, I always see myself go overseas to study although at that time my family couldn't support my dream. The more I visualize myself going overseas to study, the more it's attracted into my life.

Friends, it will be your turning point in life if you understand the principality of visualization. All is back to how you see yourself.

Do you see yourself live defeated, weak, poor, failure, limited?

Or do you see yourself living victoriously, success, and not limited?

It is very vital to believe what you see in yourself.

I encourage you to start seeing what you want to see in yourself.

POWER# 3

SET YOUR GOAL



Many people never set their goals because they are afraid of failure. In their mind, they believe that if they set a goal and don't make it, they will be setting themselves up for failure. If they don't set any goals or have any kinds of expectations, then they can never fail.

However, success is defined as a journey of moving toward our goals. If you do not define what your goals are, then how can you tell if the actions you take daily are moving in the direction or not? Without goals, success is impossible.

Imagine playing a football game without knowing where the goal post is. You will not know where to run to or which direction to aim the ball at. Without a goal post, you cannot keep score on the game and tell if you are winning or losing.

POWER# 4

DECIDE ON WHAT YOU WANT



It's important to decide on what you want. Let's start your journey of [success](#) by getting clear on what you want. Take a few minutes to write down the goals you want to achieve in the major areas of your life; your relationship, your career, your finances and your health.

Set the goals to be as specific and measurable as possible. For example you want to have additional income of \$10,000 by end of the year. Not setting a goal that you want to have additional income, but never say how much and when.

It's okay to dream big and set high goals, because you are successful as long as you for it 100%. Most people avoid making big and specific goals because of the fear of not achieving it. So dare to dream big and go for it with all your heart.

POWER# 5

SEE IT EVERYDAY



Let's do this exercise together. Think about what you want to see. For example, for those who want to have baby. Get a picture of beautiful baby and put it in your room. Every day you see it, visualize yourself carry a very cute baby.

Start to visualize, start to dream.

Start seeing yourself in miracle, whether baby, financial, relationship. See yourself you are doing well. Shut your ears from all the negative talk and do not doubt it in your heart. When you don't doubt in your imagination, that when your miracle happen.

Let's make today to be the beginning of your turning point!

POWER# 6

TAKE ACTION



Understand that you do not wake up one day and suddenly find yourself financially free or at the top of your career.

You need to take action to make it happen! [TAKE ACTION NOW, NO LATER!](#)

You may have the best plans and resources in the world, but if you never take action, nothing will happen.

I like what the scriptures say about those who work their land will have abundant food, but those who chase fantasies have no sense. All hard work brings a profit, but mere talks lead only to poverty.

Do not say that you have no time because everyone is given the same 24 hours every day. If you always say you have no time, you will not be successful.

Success is not a destination but a journey of continuously moving towards your goals each and every day. After deciding on exactly what you want, start taking actions every day towards that goal.

Success is about taking imperfect action. One action will get you something. No action will bring you nothing.

POWER# 7

DO WHAT YOU LOVE



Joseph Campbell quoted "Follow your bliss and the universe will open doors for you where there were only walls."

Steve Jobs said "The only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle."

You will succeed with what you are doing when you enjoy doing it. If you notice, the richest people in the world never do their business for money, but they do it because they want to change the world to the better world.

Even Confucius also mentioned the same thing "Choose a job you love, and you will never have to work a day in your life."

Once you have found the job that you love or do what you love, no matter how tired you are, you will still want to do it. You will still want to continue to learn or figure out how to improve it although you haven't seen any results yet.

POWER# 8

FOCUS & DISCIPLINE



In achieving success in any area of life, you need to be FOCUS and DISCIPLINE.

Success is not instant. It takes time to reach your goals. Everyone wishes to have instant result in doing anything. But, let me tell you, there is no elevator to success, you have to take the stairs. For example, if you compare the quality of the food that cooked by microwave and cooked naturally. Which one is healthier?

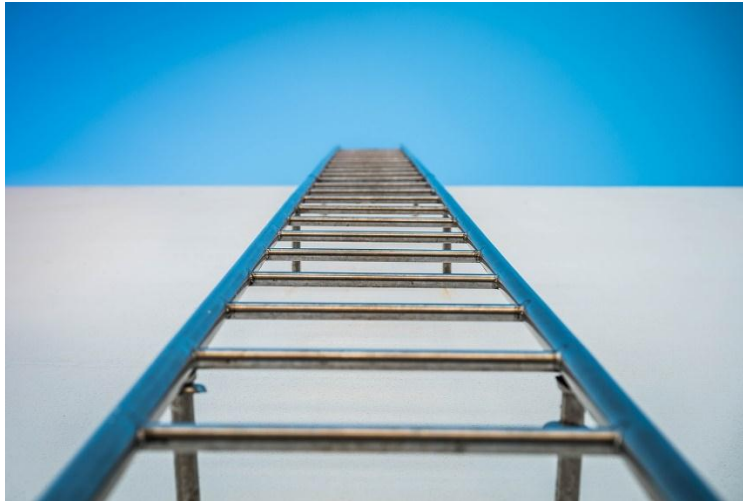
Robert Kiyosaki quoted that [“FOCUS is Focus One Course Until Successful”](#). You need to continuously find ways to improve yourselves. Commit to do whatever it takes to follow through on their goals.

It is always tempting to switch from one course to another, but when you stay focused only on activities that produce productive results, you become successful at it.

Every baby was born with the same muscle size, no baby was born with muscle like Arnold Schwarzenegger. Arnold became who he is today because he trained his muscle for years. Be focused and discipline because success takes time investment, dedication and sacrifice.

POWER# 9

RAISE FROM MEDIOCRITY



Some people go through life unhappy and dissatisfied with what they have and where they are. Some complain that they are not happy with their current job because the company that doesn't appreciate their efforts. Some complain that they don't earn enough money or their relationships are not fantastic.

The funny thing is that a great number of these people don't do anything about it. For example, they are not happy with their current job but they just drag themselves to come to work every day and look forward to the weekends. They want their lives to become better but don't take the necessary actions to make a change.

However, there are some people who try to do something to change their situation. However, they are not committed to it. The moment things seem too difficult, they quit and settle for much less than what they want in their life.

Also, there are some people who do whatever it takes to make a change, for example, seeking advice, attend self-improvement courses, or read self-help books. They set goals and get excited to work on it for a while. Then for some reason, they fail to keep following through. At the end of the day, some of these people still don't make the change. Their life still remains the same.

Has this happened to you before?

Why do people settle for mediocrity? Plain and simple... it's safe, it's comfortable, it's easy and it just feels good.

The key to raise your standards is by getting dissatisfied with where you are and create enough discomfort and pain until it drives you to make a change. You need to make the current comfort zone uncomfortable until you push your mind to get your new comfort zone, which is a much higher standard.

Change the way you think, change the way you feel, raise the bar and don't settle for mediocrity.

If you truly want to achieve your goals and achieve extraordinary results, then you have to raise your standards!

POWER# 10

SHOULD VS MUST



Many people almost never ever do anything when they think they should do something. Why is that? Because when you 'should' do something, it means that you will take action only within your comfort zone. It is not your top priority.

That's the difference when you think "I SHOULD have more income" and when you think "I MUST have more income". When something is a 'must do' for you, you will not allow anything to stop you. It becomes your first priority above everything else.

When you change your mind from 'You SHOULD' to 'You MUST', no matter how busy you are, you will find time or make the time to do it. You will be willing to do whatever it takes to get it done and you will always find a way. You will take action even if it is inconvenience and you will be willing to pay the price, no matter how high. That is the power of a 'must'.

If you want to live an extraordinary life, see it as a must to achieve your goals today and not a must to merely survive when things turn for the worse.

Now, let's do this exercise. Find an area that you want to change and write down as many reasons as you can until your mind feels it a 'must' to change. Look at this example below...

I am not going to allow myself comfortable with earning \$3,000 a month because...

- I want to bless the less unfortunate kids by giving at least \$1,000 a month for their feeding program.
- I want to have my own house.
- I want to retire my parents.
- Etc..

POWER# 11

THRIVING MENTALITY, NOT SURVIVING



God wants you to have a thriving mentality, not just a surviving mentality. Times may become difficult, but you need to raise your new standards. Make up your mind that no matter what comes your way, no matter how difficult, no matter how unfair, you will do more than simple survive. You will thrive in spite of it.

It's just like people who had lost everything in Hurricane Katrina. They stayed in temporary housing after the hurricane. They could not see beyond their temporary situation to a new and better life. They were just grateful to be making it though another day, another month.

Instead of getting discouraged and thinking, *I have no job, I have lost everything. Economy is so bad.* Why not thank God for keeping you alive, giving you temporary house?

If you believe that you will have a tough year, your faith will draw that in. So I encourage you to believe that you are blessed (not that you will be blessed) but that you are already blessed. Believe that God is bigger than your problem. He is willing and able to restore you double for all your former trouble and disgrace.

Whatever happened, don't dwell on your problems. You may not see a way out because your resources are limited now, but believe there's God who will make everything work for good.

Stay in faith and make the decision that you will thrive, not merely survive.

POWER# 12

STOP PROCRASTINATING



If you never start, you'll never have a chance to fail. But you'll never have a chance to succeed, either.

So stop pretending you haven't failed by not trying. Stop procrastinating and go for it. I used to be a natural procrastinator. No matter how much I want to avoid it, it's just my nature. However, I realize that if I keep doing this, my journey to achieve my goals will be stuck.

Here are some quotes about procrastination to get me [motivated](#) to work – and I hope it will get you motivated as well. Usually after I read a few quotes, I will find myself pumped enough to get working.

- My advice is to never do tomorrow what you can do today. Procrastination is the thief of time. (Charles Dickens)
- Never put off for tomorrow, what you can do today. (Thomas Jefferson)
- Procrastination is the bad habit of putting off until the day after tomorrow what should have been done the day before yesterday. (Napoleon Hill)
- A year from now you may wish you had started today. (Karen Lamb)

- The habit of always putting off an experience until you can afford it, or until the time is right, or until you know how to do it is one of the greatest burglars of joy. Be deliberate, but once you've made up your mind—jump in. (Charles R. Swindoll)
- Don't wait. The time will never be just right. (Napoleon Hill)
- You cannot escape the responsibility of tomorrow by evading it today. (Abraham Lincoln)
- You may delay, but time will not, and lost time is never found again. (Benjamin Franklin)

POWER# 13

DILIGENT



Diligence is the key to [success](#). It means that success involves persistence and cannot be achieved overnight. The true meaning of diligence is not to exert ourselves around the clock without rest, but to work persistently and efficiently without wasting time.

The scriptures say that sluggards do not plow in season; so at harvest time they look but find nothing. Diligent hands will rule, but laziness ends in forced labor.

For example, a farmer just ploughs his field for a day and rests for most of the season, he would gain nothing.

The Concept of Diligence is engraved in certain basic principles. Diligence invests time, thought, and energy into a task with the hope that it will produce a healthy return. By investing a lot, diligent individuals expect to gain a lot.

They realize that what they get out of something depends upon what they are willing to put into it. Diligence does not allow a task once undertaken to remain

incomplete; it rather aims at finishing the task fully. It counts the cost and sees things through to the bitter end.

In fact, for the diligent persons, the satisfaction of finishing a task is often as meaningful as any praise or recognition they receive from others.

POWER# 14

INTEGRITY



Success will come and go, but integrity is forever. Integrity means doing the right thing at all times and in all circumstances, whether or not anyone is watching. It takes having the courage to do the right thing, no matter what the consequences will be. Building a reputation of integrity takes years, but it takes only a second to lose, so never allow yourself to ever do anything that would damage your integrity.

I like what bible says about integrity:

- The Lord detest dishonest scales, but accurate weights find favor with him.
- The integrity of the upright guides them, but the unfaithful are destroyed by their duplicity.
- Gossips betray a confidence, but the trustworthy keep a secret.
- The Lord detests lying lips, but he delights in people who are trustworthy.

In every business, dishonesty may provide instant gratification but it will never last. You can think of several examples of people without integrity who are successful and who win without ever getting caught, which creates a false perception of the path to success.

After all, each person in the examples above could have gained the result they wanted in the moment, but unfortunately, that momentary result comes at an incredibly high price with far reaching consequences. That person has lost their ability to be trusted as a person of integrity, which is the most valuable quality anyone can have in their life.

Profit in dollars or power is temporary, but profit in a network of people who trust you as a person of integrity is forever.

POWER# 15

LEARN FROM MASTER



You need to study what the most successful people in the world do and follow the clues of other successful people. For example, if you want to be a good investor, find out what Warren Buffet did.

Have you ever wondered how Warren Buffet can be the world's [greatest](#) investor? At the age of 8, Buffet proclaimed to his family that he would make a million dollars from the stock market by the age of 30. He purchased his first share of stock at age 11 and made a slight profit. He knew that he had to study the clues of the best investors if he wanted to get rich fast.

So, Buffet began to study Benjamin Graham's investing strategies, the most successful investor during the 1930s – 1950s. He read his book, enrolled in his class at Columbia University and went to work for him for free at his investment partnership. Several years later, when Buffet learnt all he could, he studied the strategies of another successful investor named Philip Fisher who was an expert at picking high growth stocks.

For over 50 years, Buffet managed to turn an initial investment of US\$100,000 into a staggering US\$60 billion. What he did just simply followed what Graham and Fisher did, combining the very best of their clues.

POWER# 16

VICTORY OVER YOUR THOUGHTS



Your mind is the most powerful tool in the world. You need to set it right. It is just like a computer program. If the program is correct, everything will work very well.

If you have not achieved what you want to be at this moment, you need to ensure you have the right thought. You cannot have a positive and negative mind at the same time.

Maybe you have spent years thinking wrong thoughts based on warped, dysfunctional past, but that can change today. If you struggle with negative thinking, it is important for you to come to grips with the fact that your life will not change until your thinking does.

Transformation start from the inside out.

If you want to prosper, long before you are prosperous, you must see yourself prosper.

POWER# 17

IDENTIFY YOUR OBSTACLES



Have you ever thought that nothing good is going to happen to you? Maybe you've even said something like *"I don't expect to be successful, so I won't be disappointed if it doesn't."* These thoughts are obstacles in your mind, and simply recognizing them will pave the way to your freedom. We need to learn to fight for our thoughts.

I can look back at my childhood time, I used to think negatively. My depression affected my health and social skill. I felt so low esteem and had encountered so many disappointments until I was afraid to believe anything good might happen. This was my obstacle.

POWER# 18

PRACTICE THE POSITIVE



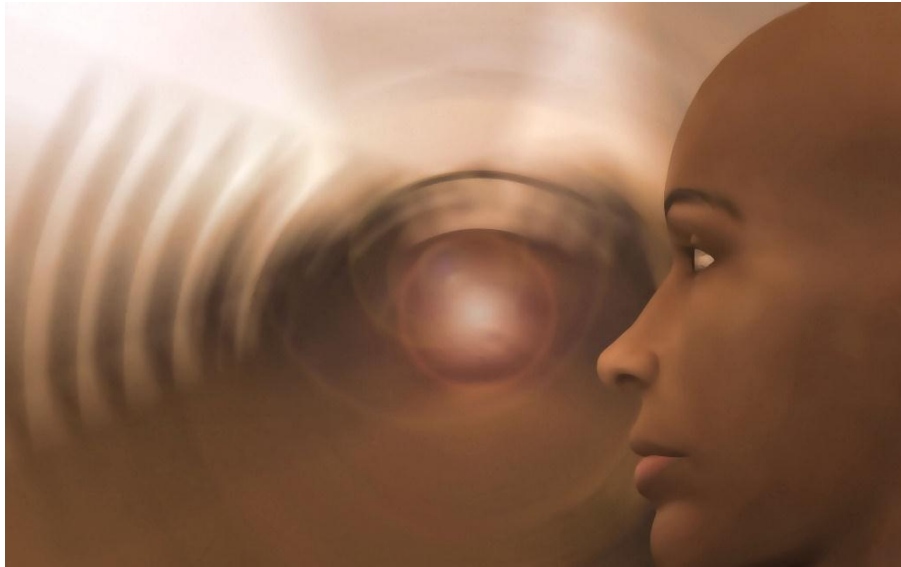
After identifying the obstacles, the next step is to start practicing being positive in all kinds of situations. Learn to deal disappointing situations with positive thinking. The difference between positive and negative thinkers is they have learned to let things roll off their back and enjoy life no matter what happens.

This is how I changed my thoughts. Whenever my mind was bombarded with a constant stream of nagging thoughts, doubts and fears. I would shake this thoughts off, because any of these can cause defeat and devastation.

You can think anything you want but you have to control what it dwells in [your mind.](#)

POWER# 19

CHANGE YOUR LIFE WITH YOUR THOUGHTS



The longer I live the more I realize how strong a connection exists between our thoughts and our words. I honestly believe that this connection is one of the most important things we can learn in our lives.

Many people's problems are rooted in their way of thinking, which can actually produce a lot of the problems they experience.

How is it connected?

Well, a negative mind produces negative words and, consequently, a negative life. Our words can actually become traps that cause us to continue our cycle of negative thoughts and actions.

Yes, we're all tempted to speak negatively, but we don't have to give in to that temptation. To turn our words around, we need to start thinking about what we're thinking about, and then make some real changes.

For example, because I allowed many years of negative thinking in my life and encountered so many disappointments, I became an extremely low self-esteem person. I was afraid to believe anything good could happen to me. I had

developed a terribly negative outlook on everything. I began seeing myself I was not able to accomplish my dreams. This is my trap of negative thinking.

If I had continued to believe those lies about never getting over my past, I never would have gotten over my past.

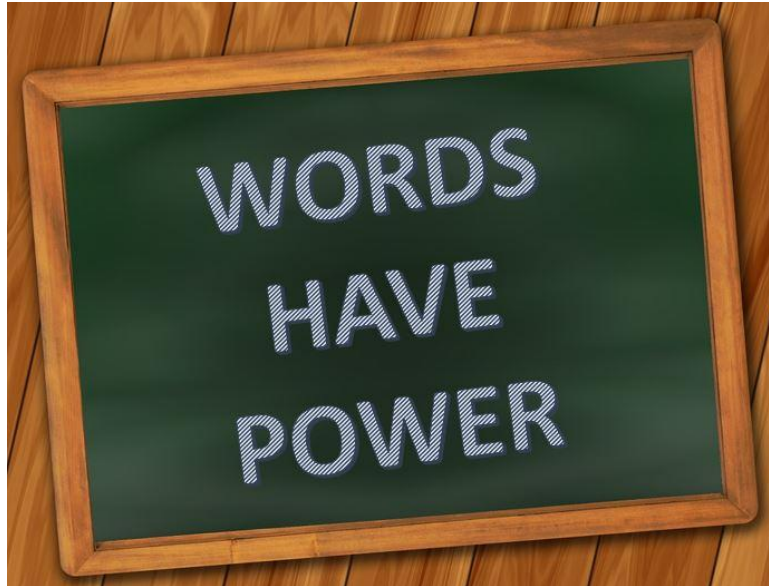
Have you ever felt the same?

Changing your words and thoughts is definitely not an easy thing to do, but it is important to understand that your life would not have gotten straightened out until your mouth did. These two are linked.

[Start change your thinking and your beliefs](#) because it is very critical to determine the level of your success.

POWER# 20

SPEAK AND RECEIVE



Do you know it is very vital to believe what you see in yourself and talk about the importance of seeing what you see. Many people do not realize our words have creative power. Whenever we speak something, either good or bad, we give weight to what we are saying. If you want to know what you will be five years from now, just listen to what you say today.

Too often, people say negative things about themselves, they give voice to their doubt or fears. The more they say it, the more they give power to those words to process, for example:

Today is a bad day!

Flu season is coming, I know I'm catching the flu.

My back is killing me.

My daughter is very naughty.

I have no money.

I don't look good, I'm overweight.

They don't realize they are prophesying their futures and wonder why they can't catch a break, why they are stuck there. It's because they keep giving weight

to defeat. They keep calling in mediocrity. If you are not careful, your words can bless your future or curse your future. [Learn to speak what you want to see, not what you see.](#)

I know it's very hard to speak good things in the midst of your problem. This is what I do whenever I am down and burdened by problem, I force myself not to speak what I see but speak what I want to see. It's not easy in the beginning, because my mind has been programmed to say bad things. So, I train myself to be alert on whatever I speak. I choose to send my words out in the direction I want my life to go.

If bad things happened, I still say "Today is a good day" or "Yes, it's bad, but it's only temporary, things will turn around soon". I have a colleague whom every time I asked "How are you?" he will say "I'm so stressed, I have headache". In one day, he can say this for more than five times. He has talked about it so long, until it became a reality.

Mind and tongue are linked, our mouth isn't going to get straightened out until our mind does. Think about what have you been speaking over yourself, your children, your finances, health? Or what have your parents or friends been speaking over you?

My dad used to say "*I'm slow, I'm careless*" and my mum likes to say 'she has no money, she can't reach her dream'. Can you imagine I have been raised with these thoughts since I'm young? It's not easy to turn the situation around at single second.

Firstly, I need to set my mind right that "I'm not slow; I'm not careless; I'm well able; I'm prosperous". I keep declaring these words until these image take root in my mind. After that, I trained myself to speak carefully. If there's nothing good to say, I prefer to keep quiet.

POWER# 21

WORDS ARE LIKE SEEDS



The tongue is a small part of the body, but the tongue can bring death or life; and those who love to talk will reap the consequences. Words are like seeds. If you plant apple seeds, you will get apple tree, not oranges. You need time to see your seeds grow into tree and eventually producing fruit. Don't expect to see instant result after you change your words to be in line with what you wish to see.

Once you make a habit speaking faith filled words over and over again, you start to believe it and see negative situations turn around. The key to winning the current unwanted situation is to learn how to speak well. Speak out what you want to see to happen in the future. Keep saying good things to attract goods coming to your life.

Stop saying bad things!

Speak the right things to change your life!

POWER# 22

STOP COMPLAINING!



Complaining is expression of dissatisfaction, pain, uneasiness, or grief. Remember what I said earlier, your words carry weight. What are you focusing on when you are complaining? You are focusing on the wrong things of your life. The more you complain, the more you'll keep getting more of the wrong things.

The Law of Attraction states that “like attracts like”. That means when you are complaining, you are actually attracting “mess” into your life. Since you focus on “mess”, the “mess” will keep coming into your life.

If you're complaining about where you are, you won't get where you want to be. You complain, you remain. Ask yourself, do you want to see your life having victorious living or defeated life? Be wise to choose your thoughts and your words.

I admit that I was a complainer last time. I could complain from small little things to big things. I was not aware that my actions could lead to messy life. Everything in my life could go wrong.

Until one day I understand this principality that our words are like seeds. The more I complain, I attract mess coming into my life. I had enough mess in my life and I don't want to have any more of it. I began to see life in different perspective and [be conscious of what I put in my thoughts and words](#).

We can't change the past but we can respond it differently. It's up to you whether you want to respond it positively or negatively. Life is depend on what you prioritize.

Honestly, nobody likes to surround themselves with complainers, because negative energy is contagious. I would prefer to stay alone rather than having lunch with complainers.

I challenge you not to complain for the past one week and continue doing so until all of your mind be free from all negative thoughts.

POWER# 23

ATTITUDE OF THANKFULNESS



Friends, change your attitude! Instead of complaining, why don't you change it to attitude of thankfulness? Change your focus. Keep the right point of view.

- *If you have a hard time getting to sleep at night, think about all the homeless people without beds.*
- *If you need to pay income tax, that means you still have job. Think about all the jobless people.*
- *If you hair is turning gray, be thankful you still have hair. It's not turning loose.*
- *If you don't like your big thigh, be thankful that you still can walk.*
- *If you don't get car park near the door, be thankful that you are healthy and able to walk.*
- *If you don't like about your eyes, be thankful you have eyes to see.*

Be grateful is a key to staying happy. You can't give thanks and complain at the same time.

One of the thing that I did when I was in a very tough time, I started to list down the good things that I have and be grateful about it, such as:

- When I felt lonely, I gave thanks that my family still alive but they are far away.
- When I need to wash toilet, I gave thanks that I still have two healthy legs and two healthy arms.
- When I need to do report, I gave thanks that I still have brain to think.

The more I list down all the things that I have, the more I feel rich. I learn to give thanks in every circumstances.

POWER# 24

LIVE A LIFE LIKE YOU ONLY HAD A DAY TO LIVE



Let me ask you: If you had only a day to live, what would you do? Who would you call? What would you say? Are you going to call someone and complaining what is the things that you don't like? Or you will do differently?

Time is flying, my friends. Be wise on how you spend your time.

Especially, in challenging times, you may be hard to see better days ahead. You may feel as though your struggles will never end, that things won't ever turn around for you.

However, it is better if you use your time to reaffirm your belief that this will pass, because every disappointment gives us fresh opportunities, and because each season of scarcity gives way to new seasons of increase.

It's time to remind yourself that all things work together for good, that God remembers you, that you can gain strength through adversity, and you shall be head not the tail.

POWER# 25

HUMBLE



It's really important to practice humility, to develop into a better leader and a better person. You never know the limit of your own abilities. You may think you are good in this area, but you will be amazed how wondrous world around us, there always be someone better than someone.

Contrary to popular belief being overconfident is not the [secret ingredient for success](#). It's humility. Too often, people do not realize a proud attitude brings ruin and leads to destruction. The attribute of humility seems to be neglected in leadership development programs, and it's often misunderstood.

A study conducted by the University of Washington Foster School of Business found that "Humble people tend to make the most effective leaders and are more likely to be high performers in individual and team settings."

Why is that? What is humility?

Humility is often mistaken for low self-esteem and thinking less of yourself. In reality, humility is thinking less of yourself. Humble people are honest about both their strengths and weaknesses. They are confident without being arrogant; open-minded without being stubborn; and supportive without being submissive.

Humility Listens

The first sign of being humble is you become teachable. You have listening heart to take advice from advisors. Pride people are not listening and lead to arguments.

Plans fail lack of counsel, but with many advisers they succeed.

Listening is absolutely essential to make communication and relationships successful. It indicates that you're receptive and respectful towards the opinions of others.

People like their complaints or suggestions to be listened. Can you imagine if you are an entrepreneurs who actively solicit feedback from your customers, colleagues, and community? This can be a valuable source of inspiration and ideas on improving your service or product.

Plans are established by seeking advice; so if you wage war; obtain guidance.

Humility Admits

Not only listens, humble people also admit their mistake. Very often people choose to blame others instead of themselves. Accepting that you did something wrong takes courage. It's not easy to forego your ego for the sake of personal development or business growth.

Also, asking for help not only displays a willingness to learn but empowers others to shine. Moreover, it builds trust. Acknowledging a mistake today prevents it from swelling into an insurmountable challenge tomorrow.

Humility is essential for success. You feel secured if you are humble. You are not easily getting flattered and being controlled by people. You will be free from people approval.

When there is strife, there is pride, but wisdom is found in those who take advice.

POWER# 26

NO NEED OF APPROVAL



In my early days, I always value myself based on what other people think of me. I wanted everybody to like me and tried my best to keep everyone happy. I had difficulty ignoring my critics. Because of such insecurities, I am constantly playing up to others, trying to win their favor and to meet others' every expectation.

Do you also do the same like what I did? Let me tell you how I changed my life.

After years of wasting my time and energy trying to win others, finally I realized it's impossible to please everybody. No matter how good you are, there must be somebody don't like you. So, I decided just to be myself and do the way I think is best. I became a professional ignorer but I'm still treating every person with respect, kindness, and consideration. But I no longer try to appease or please my critics.

Do not waste your valuable time and energy playing up to win for people's approval. When you do that, you set yourself up to be controlled and manipulated. You allow others to put you in a box. Some people are so concerned about not meeting people's expectations and they end up not following their dreams. You

may lose the approval of others if you follow your own dreams. But if your friends approve of you only when you meet their expectations, they aren't true friends. They are manipulators. They are controllers.

There is a real freedom when you realize you don't need the approval of others.

POWER# 27

TAKE CHARGE YOUR LIFE



It's your own fault if you're being manipulated and pressured into being someone you are not. [You control your destiny](#). You can be nice and respectful, but be firm. Do not allow anyone to make you feel guilty for being your own person. Just be yourself!

Life is too short to spend it trying to keep others happy. You cannot please everyone. To fulfill your destiny, stay true to your heart. Do not let anyone squeeze you into a mold. Even the whole world say you can't be successful, you can choose not to believe their opinion.

POWER# 28

NO COMPARISON



One very common and destructive daily habit is to constantly compare your life and yourself to other people and their lives. If you compare yourself with others, you may become vain and bitter, for always there will be greater and lesser people than yourself.

Many people compare their houses, jobs, cars, money, and so on. At the end of the day, they feel insecure because they pay too much attention to what others are doing, where they are going, what they are wearing or driving. It's a never-ending cycle.

So what can you do? You should stay focused on your own goals. Your best race is you alone, and it's yours to win. Making comparisons is often a sign of low self-esteem because it shows that you are not happy with the person you are or with what you have in your life.

Comparison tend to focus on aspects that you don't like. As a result, you view yourself with an overly critical eye. I used to be like this last time, I viewed myself critically and expect others to view me in the same way.

When you have unhealthy competitive feelings, life is a constant struggle. You will never be good enough because as soon as you catch up to one person you'll find another ahead of you. That's not the way to find happiness in your everyday life.

My Own Experience

Here what I did to combat this bad habit.

Firstly, I changed my thoughts. Be alert on what you're thinking about. Sometimes you don't realize what you're thinking about and before you know it, your mind has gone towards a negative place. You must be conscious of your thoughts. When you start to negatively compare yourself to others, cut those thoughts off immediately.

Secondly, I keep speaking positive things about myself. It may be hard in the beginning and you may not believe what you are saying. But the more you practice it, the more you still start to believe.

Thirdly, I keep focusing on the positive. [Find something good you have and hang on to that.](#) For example, if people say you have big nose, you tell yourself "you have good eyes". Don't lose sight of how wonderful you are because you're too busy comparing.

POWER# 29

BE YOURSELF



You are fearfully and wonderfully made. God made all of us unique. None of us have same finger prints. You may not be as talented as your friends, but that's all right. Be comfortable with who you are. You can't get distracted and lose your focus by comparing yourself to others. Run your own race.

Everyone has their own strength and weaknesses. Some people are stronger in certain areas, but all have their own strengths. We are different because we need to complement each other.

It all depends on how you see yourself.

My friend shared me a story about somebody, Andy, who was never content with himself. Andy always admired Billy, but actually Billy didn't really like himself, he liked Charlie. So Billy was copying Charlie, but Billy never knew that Charlie was impressed with Dan. Dan wasn't happy with himself either, he admired Andy.

The moral of the above story is the people you want to be like, very often, want to be like you. There's nothing wrong to admire people, but don't give up your uniqueness for theirs. Run your own race. Enjoy your present moment!

POWER# 30

FORGIVE YOURSELF



Everyone has unfair things happen in their lives. You can choose to nurse the hurt and destroy your happiness every day, or you can choose to release the hurt. It's very hard to keep moving forward carrying heavy burden. Imagine this bitterness likes a very big suitcase. Which one is easier? Walking with a very big suitcase or walking without suitcase?

You may not forget the hurtful incident but you can choose to forgive. You may think you can't forgive those who've hurt you, whether friends, a spouse, or family. But you don't have to forgive them for their sakes; you forgive for your own sakes.

When we forgive others, we take away their power to hurt us. The mistake we make so often is to hold on to hurt. We go around bitter and angry, but all we're doing is allowing those who hurt us to control our lives. The abuser, bully, or critic isn't hurt by our anger and bitterness. We're just poisoning our own lives with it.

POWER# 31

RELEASE YOUR ANGER



Your destiny is too great to let what someone did to you keep you from moving forward. Forgiveness is not about being nice and kind. It's about letting go so you can claim [the amazing future that awaits you](#).

You may do this exercise if you can't forgive them:

- List down the people that you feel angry with.
- Why do you feel angry to them?
- Write email to share out all your frustration and inform them that you have forgiven them.
- After that, press "delete", do not send the email.

This is to let your anger out.

In order to be successful in your life, you must take control of your anger.

POWER# 32

BE FREE FROM GUILT & PAST MISTAKES



Forty seven percent of cancer patient is because of unresolved anger. You must master yourself to let emotion in and out. It's time to take control of your life. Don't let people's opinion lead to your life.

You can't change your past and you can't turn back the time. However, you still can change your future. It's all depend on what you focus today. Do you want to live carrying the heaviness of your guilt?

The burden of guilt drains your strength, your energy, and your enthusiasm. Guilt will prevent you from forming healthy relationships. If you are carrying a heavy load of guilt, it can destroy your future and steal your joy. Guilt is just like a treadmill; a place that you keep running and sweating but you don't move forward.

Everyone may have made mistakes and done things that your regret or not proud of. But, don't put all mistakes, failures, guilt and shame in your back, and carry it all the way. Don't live another moment in regret.

POWER# 33

YESTERDAY WAS HISTORY



You can't change your history. What you can do is to change your mind and action for today. Why don't cut a hole in the bottom of your "guilt bag" and release them.

Shake off all the guilt from your mind. Start forgiving yourself. The only person that you go around twenty four hours is yourself. Too often, many people don't like themselves because of the past mistakes they have done.

To be honest, I did not like myself last time because of all the past mistakes. If I don't like myself, how do I expect others to like me?

So, this is what I did. Every morning, I will talk to myself in front of the mirror that I forgive myself and I have great future. The more I talk, the more I release all my past hurts.

You have destiny to fulfill. Don't let your past hurts be an obstacle to achieve your dream. Your future does not depend on your past. Forget the former things, do not dwell in the past.

One thing that I do daily; forgetting what is behind and straining toward what is ahead.

POWER# 34

DEALING WITH DIFFICULTIES



Successful people see challenges as opportunities. Unsuccessful people see challenges as obstacles. What is it in your mind when you see difficulties? Some people's mindset think "What if it doesn't work?" or "It won't work." Or you may think "I believe this is only temporary. It will work". What is your mindset?

Again, the universal law states, "[What you focus on expands](#)". It's simple. Your field of focus determines what you find in life. Focus on opportunities and that's what you find. Focus on the obstacles in everything, obstacles abound.

When obstacles arise, handle them, then quickly refocus on your vision. You do not make your life about solving problems. You don't spend all your time fighting fires. Those who do, move backward! You spend your time and energy in thought and deed moving steadily forward, toward your goal.

Life is just like a roller coaster, sometimes is up and sometimes is down. When people face with challenges, generally people have a hard time accepting and dealing with these challenges.

The success key is you have to deal with difficult problems throughout your life, whether it is in your personal life or career. Most of people prefer to run away

from problems because they don't want to accept reality. Running away from your problems is the worst thing you can do to deal with challenges you are faced with.

Learn to accept the present moment reality and understand that not everything is going to be the way you want it to be. But once you accept reality, you will not feel frustrated with your life, and you will be able to be calmer and think more clearly about how to solve the problems.

Everyone who deal with troubles will produce patience. Patience will produce character, and character produces hope.

POWER# 35

SUCCESS COMES FROM BEING UNCOMFORTABLE



Set your mind right [and focus](#) on the solution, not focus on the problem. If there's a need to, you need to accept changes in your life. Many people don't like changes because they don't want to get out from comfort zone.

However, many times you are actually growing is when you are uncomfortable. Everything is uncomfortable at the beginning, but if you stick with it and continue, you will eventually move through the uncomforted zone and succeed.

POWER# 36

FREE FROM YOUR CRITICAL SPIRIT



When you see white paper with small black dot. What do you see? Do you see a plain white paper? Or do you see a black dot in that paper? The key is to recognize what you are magnifying.

A critical spirit follows you everywhere you go. You can leave one job bitter and get a very good job later on. But, because of your critical spirit issue, you'll end up having the same problem at the next job.

POWER# 37

CLEAN YOUR WINDOW



You need to clean your 'window' (mind, thought, perspective) if you can't see anything in positive light. The problem is not with everyone else, but you have an internal problem.

I have trained myself to clean my 'window' because my dad has critical spirit. Hardly hear him saying something is good. There was one night, I asked him to fetch me and I waited him in lobby. Unintentionally, his car bumped into the pavement near lobby. Instead of he blamed himself, he blamed me. Because I asked him to go to the lobby, his car hit the pavement. It's not because he drove carelessly.

If you are a type of person like my dad, I suggest you to look in the mirror and think whether you are the one who needs to change. If you're always critical, maybe you've develop a habit of seeing the bad rather than seeing the good. If you're always finding fault, maybe your filter is dirty.

POWER# 38

FOCUS ON GOOD QUALITIES



This is important in relationship. You can train yourself to see people's strengths or you can train yourself to see their weakness. You can focus on the things you like about your spouse and magnify the good qualities, or you can focus on the things you don't like and magnify the less-desirable characteristics that annoy you.

When the temptation comes to be critical, catch yourself. You have to deal with negative [thoughts](#) one at a time. If you see something or someone you don't understand or you don't agree with, don't be quick to judge. Don't allow that critical spirit to come out.

POWER# 39

SLOW TO CRITICIZE & JUDGE



Nowadays people are quick to criticize and to judge. If somebody is a little bit different. Instead of giving a person the benefit of the doubt, they look that person down and pick out all the faults they can find.

The best way to keep your window clean is to mind your own business.

Why do you notice the little piece of dust in your friend's eye, but you don't notice the big piece of wood in your own eye?

Very often when we criticize somebody, we are not aware we have the same flaws. Learn not to judge the book by its cover. Don't judge people by their appearance. Somebody may look rough on the outside, but give people the benefit of the doubt. You never know what actually happened to those people.

POWER# 40

CIRCLE OF FRIENDS



Put yourself in the right circle of friends. A negative friend can have a draining effect on you. Likewise, good friends can build you up.

You can't reach your destiny on your own.

As iron sharpens iron, so one person sharpens another. Connect with friends making you stronger, friends who understand your destiny and appreciate your uniqueness. You cannot soar with the eagles as long as you're hanging out with the chickens. So get rid yourself of relationships that drain you, drag you down, or leave you feeling the worse for fear.

You do not need those who push you down, tell you what you can't become, and never give their approval even when you do well.

Do not waste time with people who don't value your gifts or appreciate what you have to offer. Your time is too precious, your destiny is too great. You need to have quality friends, not quantity. Better to have one or two friends with good qualities, rather than a bunch of friends with bad quality.

I would prefer to have lunch alone rather than having lunch with somebody who is complainer. If they dare to talk about other people when they are not there, I believe they also talk about you when you are not there.

When people are stirring up trouble around you and talking negatively about their friends, their supervisors, their family members, or their colleagues, don't sit there and be part of it. Their critical spirit can keep you from your destiny.

If you have a problem with someone, talk to the person face-to-face, not behind his or her back. You may not agree with everything. You may have things you don't understand, but don't be a gossip. Gossip can ruin friendship.

Start to evaluate your circle of friends! Who are you spending time the most?

Are they negative people, going nowhere?

Are they inspiring you to go further?

My advice is if your friends are quick-tempered, fault finders, critics, and busybodies, find new friends. Don't let these people poison you. You can still be friends from a distance.

Don't waste your time with anyone who drags you down instead of making you better.

Walk with the wise and become wise, for a companion of fools suffer harm.

POWER# 41

CONTROL YOURSELF



Everyone has emotions and they are part of our life. You can't get them away but you can control them. You can have emotions, but you can't always rely on them. I believe it's important to learn how to manage our emotions.

Those who do not control their emotions are like a city whose walls are broken down. It's like broken walls because it's very hard to live with someone who is emotionally unstable, or what we call mood swings. Nobody likes this kind of behavior. You never know what they will be like tomorrow.

Especially when you feel unhappy and angry, normally you tend to fail and make mistakes. Remember, the tongue is a small part of the body. It can make grand speeches and can set a great forest on fire by a tiny spark. Those who are not careful about what they say will keep themselves in trouble.

POWER# 42

YOU ARE THE BOSS OF YOUR FLESH



Patience is better than strength. Controlling your temper is better than capturing a city. Self-control is just like a muscle. If you train it, your muscle grows. You are not living by your feeling. If you keep ruling over your emotions, not letting the flesh has controlled you. As you keep continuing, growing, and maturing, coming up higher, you will get to the place where enemy can't bother anymore.

It doesn't mean that you won't still feel the emotional impulsive. There still be there but they won't affect you. Your flesh has been dethroned. Those feeling may try to get back up from time to time but you've developed so much self-discipline, they can't really control you.

Now, you may not be there yet but don't worry, you're getting closer. You're coming up higher, the flesh is getting weaker, and the spirit is getting stronger.

Who's the boss of your flesh? You're the boss. Now, do your part. Keep say "NO" to your flesh.

POWER# 43

THOUGHT LEAD TO EMOTION



Emotions follow closely your thought. Sometimes, our emotions can draw to anger. The problem is not our emotions, but our thought.

Whenever you sense uncomfortable or negative emotions, watchful what you are thinking.

For example, you were driving and the car in front of you were very slow. You felt impatience and would like to honk him. The moment you know the one who drives the car in front of you was sick, all of sudden your emotions would go away.

Our emotions are good indicator what our thought arrays. Make your thought to be prosperous and positive all the time. Reject all the negative thoughts, e.g. depression, rejected, etc.

Remember, you're the boss of your flesh. [You have the right to control your thought.](#)

POWER# 44

SLOW TO SPEAK, QUICK TO LISTEN



It's interesting to think why God created us with two eyes, two ears, two nostrils – and only one mouth. It's telling us that we need to be quick to hear, slow to speak and slow to get angry. Too often the hardest part is being slow to speak. Many times, during conversation we only listen half way and we quickly talk back without finished listening.

If you have a quick and bad tempered, start listening more and talking less. Learn not to easily get offended or angry. Think twice before you speak, because once we let that tongue start flying, other things are going to start flying with it. When we are in anger, many often we speak something that may hurt somebody and after that we regret it.

I used to be quick to talk and slow to listen, and too often I said something that it may hurt others. Now, I changed myself to think twice before speak. If there's nothing good to say, I would prefer to shut my mouth.

POWER# 45

GENTLE ANSWER TURNS AWAY WRATH



Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.

Those who guard their lips preserve their lives, but those who speak rashly will come to ruin.

There was once, I had to talk to an angry customer. He was unhappy to my company's service and voiced out all his frustration to me. He scolded me without reason. I didn't know what to do. He didn't even give me a chance to reply back. So, I just waited, listened to all his frustration.

After finished talking, I replied him with gentle answers, and thank God, his wrath turned away. Don't reply angry people with harsh words, it can stir up anger.

Talk With Pleasant Words

Many of us get upset when we have our plans all made, then something comes along to upset them. When this happens to me, I learned to take a deep breath, shut my mouth for a minute, get control of myself, and then go on with my life.

It is vitally necessary for you to be able to control this emotion if you want to enjoy a good life. Always be willing to listen and slow to speak. Do not become angry easily. Those who are careful about what they say protect their lives, but whoever speaks without thinking will be ruined.

Pleasant words are like a honeycomb, making people happy and healthy. Those who are careful about what they say keep themselves out of trouble.

POWER# 46

EXERCISE



The greatest wealth is health. A rich person can afford various luxuries of life such as a big car, large house, costly accessories, etc. But, he can enjoy these luxuries only if his health is good.

If you approach taking care of your health with the same long-term thought and consideration you use when you are investing your money, you are likely to find yourself not only enjoying greater, lifelong vitality but also saving tens or even hundreds of thousands of dollars in money you won't have to spend on your health in the coming decades.

For example, let's say that you take the train to work, or choose stairs instead of taking lift every day. Just as with investing this small walking habit, small measures taken consistently over the long term can result in incredible changes in your life.

POWER# 47

CHEERFUL HEART IS A GOOD MEDICINE



Health does not depend on exercise alone. Many people forget that [stress](#) can affect their health. When stress becomes long-term and is not properly addressed, it can lead to more serious health problems, such as heart disease, high blood pressure, depression, etc.

Nowadays too many people don't really have a balance life. All work and no play is not healthy. Take a moment and think about how you've been approaching life. Do you find yourself just trying to make it through the day? Can you even remember the last time you had a good laugh? Look at children, they are happy all the time, not waiting for the event to be happy. Are you one of them?

The world would be a healthier place if we stressed less and laughed more. When you're in a good mood and full of joy, taking time to laugh and play, it's like taking vitamins or good medicine. In fact, medical science tells us that laughing boosts our immune systems. Laughter reduces blood pressure.

Developing a sense of humor and looking for opportunities to laugh can make a big difference in the quality of your life. Laughter lifts your spirits, improves

your mental, emotional and physical health, and de-stresses your mind. And the best part is it costs nothing.

If you haven't laughed – I mean really laughed in a very long time. I recommend training yourself to laugh as often as possible, for example watching comedy movie. You will find that you feel better all over after a hearty laugh.

POWER# 48

QUIT GIVING AWAY YOUR POWER



Everyone's journey may not be smooth all the times. There will always be interruptions and difficult people. Maybe somebody was rude to you, your plan didn't work out, or you were stuck in the traffic jam.

Every day we have plenty of opportunities to be upset, to be frustrated, and to be offended. We can't control all our circumstances, but we can control our reactions. It's said that life is 10 percent what happens to you and 90 percent how you respond.

Go into each day with positive expectation for good things happen to you. But at the same time be realistic, knowing that most days will not go exactly as you planned. If you become stressed because you are off schedule or frustrated because someone offended you, you are giving away your power.

Life is too short to be upset and offended. If you allow your circumstances to control your joy, there will always be some reason to be discouraged.

You have to come to the place where you can say, "No matter what does or doesn't happen, I will stay in peace and enjoy this day. I don't have to have my way to have a good day. My plans don't have to work out for me to be happy. Everybody doesn't have to treat me right for life to be enjoyable."

When you allow what someone says or does to upset you, you're allowing that person to control you. What a person says about you does not define who you are. His or her opinion of you does not determine your self-worth. This person has every right to have an opinion, and you have every right to ignore it.

POWER# 49

FOCUS ON WHAT IS TRULY IMPORTANT



You need to enjoy your journey. Many people are making a living, but they are not really making their lives. They are working all the time, living stressed-out, bringing the tension home, too busy to enjoy what God has given them.

It's good to be hardworking, focused and driven. But it's important that you know how to put your work aside and make your loved ones a high priority to enjoy and to spend time with.

Everyone knows Steve Jobs was very successful. But apart from work, he had little joy. When he was dying, he realized that all the accolades and riches of which he was once so proud, had become insignificant with his imminent death.

He finally understood that the lost material things can be found. But no one can ever find life when they lost it. The true wealth that will always follow and accompany us is the memories that strengthened by love, not illusions built by fame or money, like he made in his life.

Sometimes we become so caught up in our goals and so focused on the end result that we miss the miracles all along the way. Take time to smell the flowers. Enjoy the different personalities God has put in your life.

Some of my best childhood recollections were created when my dad went home bringing two melted ice creams, one for my brother and one for me. The ice cream was almost gone, but I felt so loved to see him bringing those for us.

Too often we don't realize how great we have it until something is taken away. Remember, take nothing for granted! 😊

POWER# 50

DO NOT WORRY



Worry and anxiety rob you of your health, joy, peace and power another day. It's human nature to be concerned about the bad situations in our world and in our personal lives. But if we're not careful, worry can cause your physical wear out and make you sick.

Can any one of you by worrying add a single hour to your life? So why do you struggle with it? We can't change our past, but we still can change our future.

Worry is just like a game we play in our head where we freak out about what might happen if we take action. We think about all the things that might possibly go wrong. The bigger is the worry, our mind focus on all those "worst case scenarios" and we freak out so hard we just can't bring ourselves to take action.

Everyone experiences worry. The difference between successful people and unsuccessful people is successful people view failure differently than worriers.

Successful people is action taker. Sometimes because of the actions they took, the results can be amazing or disappointing. They could have what they

wanted to have because they did it anyway. They became success not because they haven't failed, but because they took action.

This is a big different for more people who are stuck in worry mode. People who are stuck in worry mode, they prefer to worry and do nothing. Successful people see failure as an acceptable risk and take action. Failure is part of the game. It's just something to go through and minimize, kind of like taxes.

When things don't go the way you wished, you could ask yourself "What did I learn from this?" or "How does this position me for a future success? Don't dig in too deep to worry and end up do nothing.

Don't view success as a measure of self-worth. Successful people don't take [failure](#) personally. You may be blessed to be at the right place at the right time. Don't view failure as a sign that things didn't work out. Enjoy the lessons and learn from them.

POWER# 51

BE A CHEERFUL GIVER



A system to bless and prosper you; it's the system of sowing and reaping. You can count the number of seeds in one apple, but you can't count how many apples there are in one seed. Seed multiply the fruit. When you sow apple seed, you will get apple tree. The same principle applies to your finances. So if you want to prosper, start sowing financial seeds.

We can give whatever we can whenever we can. And that doesn't just mean money, we can give help, encouragement, and time. That's a type of giving and giving of yourself which is awesome. But, if you are wanting to increase your wealth it's money you need to give.

Prosperity begin from inside, long before you see it outside. Be a cheerful giver when you give. Your unwillingness attitude in giving will send messages to your mind that "There isn't enough". This lead you to have poverty mind, not prosperity mind.

Money will only make you more of what you already are. If you're mean, money will afford you the opportunity to be meaner. If you're kind, money will afford you the opportunity to be kinder. If you're generous, more money will simply allow you to be more generous.

The love of money is a root of all kinds of evil. Giving is a wealth habit and you can start with whatever you have. It's a habit to break the love of money.

A generous person will prosper; whoever refreshes others will be refreshed.

POWER# 52

YOU ARE LIKE A PIPE



A generous person will prosper; whoever refreshes other will be refreshed.

Think about you are like a pipe. When you loosen up the pipe, the water can flow freely, but the water can't flow the moment you squeeze the pipe. Water represents blessings in your life. The more you give, the more you'll receive.



The blessings can flow freely through the opened pipe.



No blessings can flow from the squeezed pipe.

Frankly speaking, when I first started giving money, I felt uncomfortable. I learned to leave my comfort zone and push all my security boundaries. I was stretching limiting beliefs about there being enough, that more will always flow in and that there is always enough to give.

POWER# 53

MANAGE YOUR MONEY WISELY



God doesn't intend for us to struggle financially our entire lives. There are seasons of struggle, however, that we all go through. God's plan is for us to manage our money through, not the other way around. No matter how little or how much money you have, you must acquire the habits of managing a small amount of money before you can have a large amount.

It's crucial to learn how to manage money wisely. God isn't going to release new blessings into our lives until we first learn to manage what you have right now.

If you mismanage your money, you can't become financially free. The simple believe anything, but the prudent give thought to their steps.

Having money is a good things, but money is not everything. Remember "the love of money is the root of all evils." Notice it says "the love of money," not just money. Money is not your master. Either you control money or it will control you.

Money is a big part of your life, and when you learn how to get your finances under control, [all areas of your life will soar](#).

Basic Principles To Manage Money

You can figure out the best options to control your finances, but let me share with you the basic four important principles that I learned:

1. Wealth from get-rich-quick schemes quickly disappears; wealth from hard work grows over time.

The lazy will not get what they want, but those who work hard will.

Wealth that comes from telling lies vanishes like a mist.

Nowadays people want anything instant, but being financially successful takes hard work. You have to be diligent!

Do legal business, don't do illegal business!

2. Give generously.

Live a life to be a blessing to other people.

Remember, the system of sowing and reaping. If you want to prosper, start sowing financial seeds.

3. Save

If you have been giving regularly, let me encourage you to set aside an additional amount each paycheck as a personal savings. Start with whatever you can afford and save more as you're able.

4. Spend wisely

You have to know what you have.

Don't buy what you don't need, especially buying with credit cards and unable to pay at the end of the month.

Also instead of putting all money in the bank, it's wise to set aside money for investment that will bring a return later on. You can take courses to learn this.

Govern Your Money

Better to be a nobody and yet have a servant than pretend to be somebody and have no food.

Basically you need to control your expenses. Never spend more than what you earn. Many people like to spend their money on expensive luxuries just to give them temporary pleasure by posting their purchase at Instagram or Facebook. They are happy to receive a sense of admiration from her friends.

Few of my friends who earned \$3000 a month, are willing not to eat proper meal every day in order to be able to buy expensive bags. I mean no disrespect here, but there are many people pretend to be rich, yet has nothing. Another pretends to be poor, yet has great wealth.

Please spend within your means, and do not spend unnecessarily to impress someone who doesn't even care about you. You are responsible for your own success.

POWER# 54

BE NICE AND WISE



Many people who have soft heart fall in the trap of giving. They thought lending money is good because it helps others. But, if you are unwise, it will lead you into trouble.

In my introduction life story, I shared how my mother unwise decisions in lending out money far too often to those who simply put their hands out. Many of them took advantage of my mother's gratitude and never returned in kind.

Subconsciously, my mind was programmed as same as my mother that helping others is a good thing. As a result, my friends often borrowed money from me and did not return it. I was like a mirror image of my mother in handling money.

Thank God, I realized this mistake earlier. I understand not everyone is truthful. Now, I will think twice if anyone wants to borrow money. If I can't afford to lose the amount I'm going to lend out, I would not lend it to them.

POWER# 55

DON'T BE A SURETY FOR A STRANGER



The other thing I want to share is “Don’t promise to pay what someone else owes, and don’t guarantee anyone’s loan. If you cannot pay the loan, your own bed may be taken right out from under you.”

In my introduction story, I shared how my granduncle managed to convince my mother to loan him an enormous sum of money. And the worst case my mother mortgaged our house in order to have enough money to loan him and after that he ran away.

I suspect my granduncle hypnotized my mother at that time. Until today, I couldn’t think why my mother would do such unwise decision.

This made me learn one thing that don’t make yourself responsible for the debts of others. Don’t make such deals with friends or strangers. If you do, your words will trap you. You will be under the power of other people, so you must go and free yourself. Beg them to free you from that debt like a bird flying from a trap.

POWER# 56

GIVE YOURSELF CREDIT



In achieving our dreams, we go through disappointments and adversities. It's easy to lose enthusiasm, happiness, and joy for life. In those times, it's good to have family or friends to encourage us. But, other people cannot keep us encouraged. If we really want to live in victory, that encouragement has to come from the inside. We must learn to encourage ourselves.

When times get tough, others may be telling you, *"You can't be successful. It's never getting any better."* You don't have to believe their opinion, neither your mind tell you the same.

When you're in difficult times, don't dwell on the negative and replay over and over all the reasons why things won't work out. Shake off all of this negative things in your mind. Take charge of what you think.

To keep yourself encouraged, make sure you're watching the right channel. You cannot stay down and defeated as long as you're thinking victory.

Pay attention to your thoughts. Make sure you're tuned in to the right channel. You've got to guard your mind. If you believe those defeated thought long enough, your own thinking will lead you to your emotions, actions and results. Be selective on what you hear. When you hear people say something bad about you, find something good about yourself and give credit into it.

POWER# 57

FROM TEST TO TESTIMONY



Testimony begins with “test”. No one ever has a testimony without a test. We must pass all kinds of tests as we go through our lives, and passing them is part of never giving up. It’s vital for us to understand the important role that tests and trials play in our lives, because understanding them helps us endure them and actually be strengthened by them.

When we encounter tests and trials, if we will embrace them and refuse to run from them, we will learn some lessons that will help us in the future and make us stronger.

After I think back about my life. I begin to thank God to give me such a messy life. Because without this, I couldn’t change my test to be a testimony to bless others.

Last time, I was very frustrated and hopeless. But now I realized without trouble, there’s no endurance. Without endurance, there won’t be character, and without character, there won’t be hope.

Now, I am truly grateful to be chosen to be born in this family. Nothing happened by coincidence. It’s a matter how I respond to my unfavorable past.

Because I responded positively, I could share what I learned in these 57 success powers to produce wealth, good health, abounding in love, and great joy.

Friend, I encourage you don't settle where you are. You may have suffered a setback. You may have been knocked down, but you weren't knocked out. Every setback is a setup for a comeback. You've got to get back up, dust yourself off. Your scar can be your star.

Focus on your vision, mind and speak what you want to see, not what you see.

Don't get disappointed with current situation.

You're special and you have good destiny.

Many things can happen in your life, and it depends how you respond to it. Respond it positively and find a list that you still can give thanks, for example you are still alive.

What you focus expands, focus on positive things.

When you look back in life, you will understand that everything happens for a reason. Your perseverance will produce characters that you need to bring you to higher level.

Resources

Resources for Manifestation Miracle

<http://lorettatifara.com/Manifestationmiracle>

Resources for Amazing You

<http://lorettatifara.com/AmazingYou>

Resources for Mind Power

<http://lorettatifara.com/MindPower>

Resources for Thought Elevator

<http://lorettatifara.com/ThoughtElevators>

Resources for Better Living With Hypnosis

<http://lorettatifara.com/BetterLivingWithHypnosis>

Resources for Subconscious Mind

<http://lorettatifara.com/SubconsciousMind>

Resources for The Lost Ways

<http://lorettatifara.com/c10f>

Resources for End Anxiety & Panic Attacks

<http://lorettatifara.com/06gf>

Congratulations!

You have done your first transformation step by finished reading *57 Success Power to Produce Wealth, Good Health, Abounding in Love, and Great Joy*.

I hope you enjoyed it. I believe you did (^_^)

So what do you do now? Where do you go from here?

If you want to succeed in the real world, you need to take action. Reading is just a start.

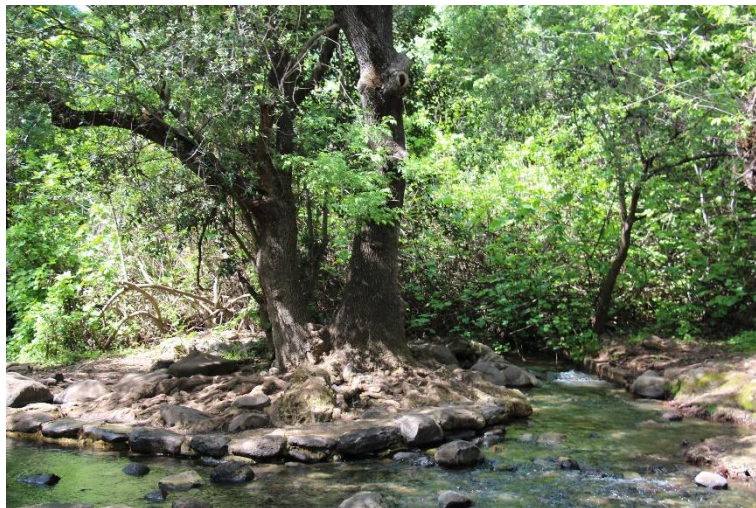
Start taking action by using each power to dramatically change your life.

Before I go, I'd like to leave you my favorite vision & verses that I put in my room and speak it every day. (See below photo that I took in Israel)

"I shall be like a tree planted by the streams of water which yields its fruit in season and whose leaf does not wither-- whatever I do prosper."

So, I declare to you:

"YOU shall be like a tree planted by the streams of water which yields its fruit in season and whose leaf does not wither – whatever you do PROSPER!!"



Imagine yourself like this evergreen tree, whose leaf does not wither and whatever you do prosper.

Thank you for spending your precious time reading this eBook.

I wish you great success and true happiness. Also, I pray that you may prosper in all things and be in health, just as your soul prospers. In Jesus name. Amen!

I look forward to hearing good news from you soon. (^_^)

To Your Victory,
Loretta Tifara
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